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# Halifax metro



Meet the Canadian women heading south to help Hillary  
**metroNEWS**

Your essential daily news | TUESDAY, NOVEMBER 1, 2016

High 9°C/Low 5°C Mostly cloudy  



## RIGHT MAN, RIGHT TIME

Newly elected councillor Lindell Smith is ready to make history in District 8

JEFF HARPER/METRO



Swearing in the city's first black councillor in 16 years is important to help us face our racial biases, says Metro Halifax's new columnist  
**Tristan Cleveland**

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**ANTIQUES**







# Cleary confirmed in District 9

## ELECTION

### Recount shows he finished 107 votes over Linda Mosher



**Zane Woodford**  
Metro | Halifax

After hours of counting on Monday, Shawn Cleary is officially the councillor-elect for District 9.

The results of the Oct. 15 election were put to the test in a judicial recount in Nova Scotia Supreme Court. After about four hours of counting by Judge Josh Arnold, the new results showed an extra vote for Cleary, widening the gap of his win from 106 to 107 votes over the incumbent, now-former councillor Linda Mosher.

"I'm just happy I'm now out of political purgatory and can move forward," Cleary said after the recount.

Mosher was unable to attend the recount, sending lawyer Barry Mason and campaign manager Mike Kydd to court on Monday on her behalf. But she provided a statement to reporters congratulating Cleary for his win, and then went on to question the legitimacy of the electoral process in Halifax.

She called on the new regional council to direct the auditor general to conduct a forensic audit of the elections office during the campaign, "with particular, but



Ballots from District 9 are carted away at Nova Scotia Supreme Court after a judicial recount on Monday. Inset: Shawn Cleary speaks with the media after the recount. JEFF HARPER/METRO

not exclusive, emphasis on the security provisions for online voting, training of elections staff and the employing of former Councillors as elections staff and whether that constitutes a real or perceived conflict of interest."

Mosher's campaign alleged after Election Day that she'd re-

ceived a text message from local hotdog vendor the Dawgfather PHD saying she'd been "cheated and robbed out of the election, and that she should fight for her seat" — specifically, that she'd been cheated out of 311 votes.

Halifax police spokesperson Const. Dianne Woodworth said

Monday that their investigation into the matter closed on Oct. 25 after "it was determined there was insufficient information to support charges."

Kydd told reporters that the campaign accepts the results of the recount, but still has issues with the municipality's e-voting

system.

"Just because we counted a couple thousand votes today by hand doesn't mean that the Dawgfather and whoever else may have been involved with these allegations didn't do something electronically," he said.

He called on the Dawgfather

## + 2 DOWN, 1 TO GO

The recount in District 9 was the second of three after the Oct. 15 municipal election in Halifax.

Last week, Lisa Blackburn's win over Brad Johns in District 14 was confirmed in Dartmouth provincial court, with the count coming out exactly the same as the first time.

On Tuesday, a recount is to be held for District 10, where official results showed incumbent Coun. Russell Walker beating out challenger Andrew Curran by just 35 votes.

With all three recounts done, all of the new Halifax regional council will be sworn in Tuesday night at 6 p.m. at NSCC's Waterfront Campus.

to apologize to Mosher, Cleary and the electorate of District 9.

Mosher also took issue with former councillor Dawn Sloane's position as deputy returning officer in District 9, and Kydd said a former councillor was not a "prudent choice" for the position.

"We're not suggesting any impropriety or any type of negligence on Ms. Sloane's part," he said.

"We simply suggested that, because of some issues in the past, we were concerned about the relationship with Ms. Mosher and other councillors."

## FACEBOOK

# Man launches grocery-sharing resource to cut food waste



**Yvette d'Entremont**  
Metro | Halifax

It's kind of like Kijiji, but for groceries.

Frustrated by the amount of food waste being generated by him and his wife, Halifax-area resident Jarred Kaley decided to start an online resource he calls HRM Grocery Share.

"It's oftentimes cheaper to purchase a larger quantity than it is a small amount, or if you do want to purchase a small amount it's sometimes not even available for purchase," Kaley explained.

"It just got to the point where we were really throwing out more food than we were using and spending too much money on groceries."

Late last week he started a Facebook group to gauge interest in the idea and has been pleasantly surprised by the level of interest and engagement.

"When I came up with the idea I initially thought of it as an issue single people had or couples with no children but as I was posting on these other groups on Facebook talking about this, there were people with two or three kids saying 'Hey, we have the same prob-

lem,'" he recalled.

He said some people want to split costs on items purchased in bulk because things will spoil too quickly, while others just don't have adequate storage space. Regardless of the reason, he said the point is to save money and reduce food waste.

The way the group works is people post groceries they'll have for sale. They provide a rough cost estimate, how much will be available, what the brand name is, etc.

People can also post if they're looking for specific items.

The initiative isn't limited

to food items and can include other household necessities. Tobacco, lottery and alcohol are not permitted.

Finding people from your own community is also encouraged to cut down on travel costs.

Already, people are working together to share the benefits of bulk purchases via their Costco memberships.

"You have websites like Kijiji for example that work really well. Nothing is going to be perfect but I think this is going well."

More details can be found at [www.facebook.com/groups/HRMGroceryShare](http://www.facebook.com/groups/HRMGroceryShare).



Jarred Kaley decided to start an online resource he calls HRM Grocery Share to combat food waste. TORSTAR NEWS SERVICE



# The judo diet: How the dojo helped me get my mojo back

## HEALTH AND FITNESS

**Mike Lavoie fell into martial arts — then the weight fell off**



**Adina Bresge**  
For Metro | Halifax

A 45-year-old Halifax man who transformed from a 300-pound smoker into a black-belt judo athlete is raising money to compete on the world stage in the sport he says “saved his life.”

Mike Lavoie says he was a different man when first donned a judo uniform 16 years ago — an overweight, pack-a-day smoker with two parents who died of heart disease.

“I knew I had to do something, or I was probably going to follow in their footsteps,” he says. “I have kids of my own, so I wasn’t interested in going down that road.”

Lavoie says he fell into martial arts after enrolling his eight-year-old son in judo lessons in the hope the martial art would help the grade-schooler fend off bullies.

After three weeks of training, Lavoie says, the boy threw his father over his back and into the snow while playing in their home backyard.

Both sore and impressed, Lavoie says that’s when it hit: “I said, ‘I’ve got to try this.’”

Starting judo training as a “grossly” overweight, 30-year-old man has its pros and cons, according to Lavoie. On the one hand, Lavoie says he usually outsized his opponents, which



**Mike Lavoie at the Nova United Martial Arts dojo, above.** He only picked up the sport to keep pace with his young son but now has launched a GoFundMe to help him compete at an elite veteran level tournament, above right. JEFF HARPER/CONTRIBUTED



can be helpful. The downside, he says, was that when he was thrown, he hit the ground a lot harder.

Lavoie says he was so out of shape, that every movement was more work for him. According to him, by the end of class he had sweat so much that his sensei would say it looked “like a pipe broke” in the dojo.

While he’s had some bumps and even more bruises along the way, Lavoie says judo “changed everything” for him.

Lavoie says he’s 100 pounds leaner than when he began and has packed on 15 pounds of muscle. The part-time handy-

man says the sport has even helps him outside the dojo.

“It’s given me so much more confidence just in dealing with day-to-day problems,” Lavoie says. “I’ve said it before and I’ll say it again: It has saved my life.”

Lavoie is preparing to show off his chops at the world championships for judo “veterans,” the category for ath-

letes above the age of 30, in Fort Lauderdale, Fla., this November.

Lavoie says there’s little funding for judo competitors in his age bracket, so he’s launched a GoFundMe campaign to raise \$5,500 for his expenses.

While competing at the highest level for which he is eligible, Lavoie says his sensei at the Nova United Martial Arts studio in Spryfield still regularly puts him on his back.

“Once in awhile I catch him,” Lavoie says, “but that’s why he’s my trainer, because he’s better than me.”

Lavoie says his son has lost interest in judo “since he discovered girls.” But all these years later, Lavoie says he’s ready for a father-son rematch — that is, if he isn’t afraid of his old man.



**It’s given me so much more confidence just in dealing with day-to-day problems. I’ve said it before and I’ll say it again: It has saved my life. Mike Lavoie**

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# 'Winter from Hell' unlikely



A person snaps a shot of a snow covered gate at the Public Gardens. JEFF HARPER/METRO

## WEATHER

### Maritime locals to enjoy milder November than usual: Expert



Adina Bresge  
For Metro | Halifax

Despite the frigid forecasts in the Farmers' Almanac, Haligonians need not fear a "winter from hell" this year, says one of Canada's chief weather experts.

David Phillips, senior climatologist for Environment Canada, said Monday that winter will probably get a slow start this year, with models predicting a milder

shifting conditions.

Phillips compared the cold air to a "bully," lurking on the fringes, tormenting Atlantic Canada as it "ebbs and flows like the tides."

"You can have periods that look winter-like," he says. "And then, all of a sudden, it vanishes before your eyes."

Phillips says he would be "the most surprised person of all" if Halifax doesn't see snow before the holiday season.

If you're dreaming of a white Christmas, however, "you may have to dream a bit harder," he says, because Saint Nick has only seen one snowfall in Halifax in the last four years.

"My sense is that it really comes down to less than 50-50," he says.

"You have lost that magic

**“You can have periods that look winter-like. And then, all of a sudden, it vanishes before your eyes. David Phillips**

November than usual.

"You're still free for a month," Phillips said. "You don't need to rush to put your snow tires on."

This is a "fitful" time of year, says Phillips, when Maritimers exhaust themselves with outfit changes to accommodate the rapidly

moment because of the fact that your winters are warmer."

Phillips says he expects Jack Frost to turn up the chill come January, which on average, is Halifax's snowiest month.

The symptoms of winter in the city tend to alternate

## 1 in 4

Halifax has only had one white Christmas out of the last four years.

between rain and flurries, he says, punctuated by occasional "Paul-Bunyan-like" snow dumps that melt into slush as swiftly as they came.

For those arranging travel plans to escape the winter blues, Phillips recommends booking a flight to Florida between February and early March, when the weather is predicted to be at its roughest.

Even with modelling, Phillips says weather scientists, like us all, are subject to the whims of Mother Nature.

He says he'd be a "charlatan" if he claimed to know the exact day snow will arrive, how many centimetres will fall, or when Halifax will thaw.

"I leave that to the Farmers' Almanac," he says. "They're quite willing to comment."

While forecasts are changeable, Canadians know three things to be certain: Death, taxes and winter.

"We've never cancelled it in Atlantic Canada," Phillips says.

## ASSAULT

### Arrest made after woman sprayed with irritant

Halifax police say a 48-year-old woman is facing charges after someone was sprayed with a sensory irritant near Point Pleasant Park.

The alleged incident happened around 3 a.m. Monday in the area of Point Pleasant Drive and Tower Road.

Halifax Regional Police say officers rushed to the scene after the 32-year-old woman was sprayed.

They then arrested the suspect, who is from Halifax.

The accused is being charged with possession of a prohibited weapon, possession of a dangerous weapon and assault with a weapon.

The victim suffered non-life threatening injuries and was taken to hospital by paramedics.

METRO/HALIFAX

## LIVE MUSIC

### Canadian alt-rockers Our Lady Peace launch new tour

Canadian rockers Our Lady Peace and I Mother Earth (IME) with Edwin are landing in Halifax this week as part of a cross-country tour.

The bands perform this Wednesday at 7 p.m. at the Scotiabank Centre with opener The Standstills. Our Lady Peace (OLP), based out of Toronto and made up of Raine Maida, Duncan Coutts and Steve Mazur, are one of Canada's best-selling bands.

Over a 25-year career they've collected four Junos, 10 Much-Music Video Awards, and more.

Their second album, Clumsy, made the group a household name and sold more than a million units in Canada alone, making it the only alt-rock album in Canadian history to reach that level.

Having toured together in the mid-90's for their breakthrough albums, Naveed (OLP) and Dig (IME), both bands are



Our Lady Peace, now on the road with I Mother Earth and The Standstills, are one of Canada's top-selling bands. METRO FILE

excited to reunite and once again perform across the country.

Tickets range from \$49.50 to \$69.50 each, and are avail-

able at the Ticket Atlantic box office, by phone at (902) 451-1221, online at ticketatlantic.com, or participating Atlantic Superstore outlets. METRO

## FAMILY EVENT

### Bubble Guppies coming to Halifax

The Bubble Guppies are offering kids and parents a fantastic adventure when they come to Halifax in April.

The live theatrical production of Bubble Guppies Live! Ready to Rock is touring 55 cities across Canada, including two performances at the Rebecca Cohn on Sunday, April 2. Shows will be at 1 p.m. and 4 p.m.

The Emmy award-winning Bubble Guppies television show teaches kids about topics ranging from dinosaurs to dentists, rock and roll to recycling.

"Put on your water-wings and get ready to dive into a swimsational musical underwater adventure," Patti Caplette, artistic director of the live show, said in a media release.

The Koba Entertainment and Nickelodeon theatrical partnership revolves around

## + CHECK IT OUT

Tickets are available at the Dalhousie Arts Centre box office, by phone (902) 494-3820 and online at [www.sonicconcerts.com](http://www.sonicconcerts.com).

the Bubble Guppies getting ready to "rock n' roll" with everyone's favourite tunes when a special band member goes missing.

Featuring music, comedy, and audience participation, the Bubble Guppies will have to leave no stone left unturned and no bubble left un-popped in order to get the show on the road.

Tickets go on sale Friday at noon, \$30 in advance and \$35 on the day of the show.

METRO





**MUSEUM OF  
NATURAL HISTORY  
STRANGER THINGS**

Jeff Gray of the museum snaps a photo of their Stranger Things exhibit.

The display, which started for this year's Nocturne: Art at Night, includes some of the strange things from the Museums collection, as well as this mock-up of the set from Netflix's smash hit, Stranger Things.

The display will continue until this Sunday.

JEFF HARPER/METRO

# Discrimination at the doctor's office

**LGBTQ ISSUES**

## Transgender community can feel unsafe, study reveals



**Haley Ryan**  
Metro | Halifax

Most Nova Scotians don't think twice about walking into the doctor's office.

But for transgender and gender diverse (trans\*) residents, new research shows anything including walking into a waiting room, talking with the doctor or nurse, and

getting proper care can include subtle to blatant examples of discrimination.

"We want to make the doctor's office a safe place for people to go," said researcher Ella Vermeir on Monday.

"If people are avoiding taking care of themselves because they're fearful of how they're going to be treated, that's an awful thing."

Vermeir, who conducted the research in a master of arts degree in health promotion from Dalhousie University, interviewed eight trans\* people about their experiences with primary and emergency care over the last year and a half.

She became interested in the subject having had friends

and family who were trans\* that expressed difficulties in health care, Vermeir said. While volunteering at the Halifax Sexual Health Centre, she also often heard trans\* people say the clinic was "one of the only places" they felt comfortable.

Looking into it, Vermeir said she found very little data on the subject in Canada, let alone Nova Scotia.

When she put out a Facebook call for interested participants, Vermeir said her professor advised her to set aside a few months to recruit

enough people for the study. However, within five hours Vermeir said she had all her interviews booked and was turning people away because she didn't have the space.

"That was very unexpected and surprising, but also very alarming," Vermeir said. "There's an obvious need for research to be done and ... people have things to say."

What Vermeir found was discrimination against trans\* people seeking health care ranged on a scale: from smaller

things like a tone changing and someone being less willing to help, to "significant" discrimination like purposely outing a trans\* person in front of others, or doing an unnecessary physical exam seeming to come "out of curiosity that they want to look at this person's body."

Although there were some experiences with care providers that were kind and professional, Vermeir said she was surprised by the amount of negative interactions trans\* people face in Halifax — a city many like to imagine as "ahead" of other parts of the world.

"I don't think that we can kind of hide behind the fact

that we're a progressive city - we need to actually be doing things to be inclusive," Vermeir said.

Vermeir's developed a one-page "knowledge translation tool" for care providers on appropriate actions, how to make offices comfortable by having gender-neutral washrooms and making intake forms more inclusive, and other suggestions.

The research presentation is open to anyone. It runs Tuesday from 7 TO 9 p.m. at the Halifax Central Library, Lindsay Children's Room, 2nd Floor by prideHealth, part of the Nova Scotia Health Authority aimed at ensuring services are safe and appropriate for all LGBTQ people.

**"We need to actually be doing things to be inclusive."**

Ella Vermeir



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## BIG TANCOOK ISLAND

## Death a hunting accident: police

A deer hunter shot dead on a South Shore island was Nova Scotia's first hunting-related death since 2005, according to the Department of Natural Resources.

The unidentified 52-year-old man from Halifax was killed Friday in what police now say was an accident on Big Tancook Island — a location only accessible by ferry from Chester.

RCMP Cpl. Dal Hutchinson said Monday police had ruled out foul play as part of their ongoing investigation.

"This is being considered a hunting accident; therefore we are not looking at this unfortunate incident as a homicide," said Hutchinson.

Hutchinson said police were still looking at possible firearms-related charges.

"That is something that in-

vestigators are going to look at to determine if any charges are warranted here," he said.

RCMP have said two men were hunting deer on Friday when one was shot and killed. Police said the men knew each other but were not hunting together.

The Mounties said the man believed to have fired the gun called police to report the incident and has been co-operating with the investigation.

"Since 1986 we've had fewer than 10 hunting incidents a year," said Sandra Fraser, the hunter education co-ordinator for Nova Scotia's Department of Natural Resources. "We introduced mandatory hunter education in 1978 and mandatory hunter orange in 1986, so we have seen a decline since those two changes."

THE CANADIAN PRESS

## CRIMINAL JUSTICE

## 'Black widow' delays peace-bond signing

Lawyers agreed today to a two-week delay before an 80-year-old woman who poisoned and killed her intimate partners will sign a two-year peace bond.

Melissa Ann Shepard's lawyer Mark Knox appeared briefly at provincial court in Dartmouth on Monday to arrange for her to come back to court on Nov. 15.

Crown attorney James Giacomantonio said outside court that Shepard is still expected to sign the peace bond, but he has to review some medical documents that involve how and when she contacts police.

Shepard — known as the "Internet black widow" — is challenging conditions imposed on her when she was released from prison in March after serving a full sentence of just under three years for spiking newlywed hus-

### AT ISSUE

In August, Melissa Ann Shepard pleaded not guilty to violating previous imposed court conditions by allegedly using a computer at the Halifax Central Library.

Her trial has been scheduled for Feb. 1.

band Fred Weeks' coffee with tranquilizers in 2012.

Shepard was required to report any potential relationship with a man, keep authorities aware of where she is living, report weekly to police and inform them of any changes to her appearance. THE CANADIAN PRESS



Paige and fiancé Alberto Del Rio eating Friday night at KOD on Quinpool Road. @REALPAIGEWWE/TWITTER

# Donair slams tastebuds of wrestling superstars

## CULTURE

## Couple starts social-media sensation with rave review



Philip Croucher  
Metro | Halifax

It was a one-two-three love affair for a pair of wrestling superstars and Halifax's most famous delicacy.

On the weekend, WWE star Paige (real name Saraya-Jade Belvis) and her fiancé, former

WWE wrestler Alberto Del Rio (real name Jose Alberto Rodriguez) stopped by the King of Donair (KOD) location on Quinpool Road to try some donairs.

Del Rio was in Halifax for an independent wrestling show at the Spryfield Lions rink on Saturday, and a day before entering the squared circle, the Mexican-born wrestler stopped by the KOD with Paige.

It was instant love. "Trying the official food of Halifax!! It's amazing! Go to @KingOfDonair incredible!!!!!!," Paige wrote on Twitter on Friday night.

The post has since been ret-

# 1.67M

The number of Twitter followers Paige has

weeted more than 500 times and liked 2,888 times. She also posted a photo of herself and Del Rio on her Instagram account, and that photo was liked more than 88,000 times.

Nicolas Nahas, co-owner of KOD, was at the restaurant Friday when the wrestlers showed up.

"Everything," he said Monday about why they loved the

donair so much.

But the story doesn't stop there.

Nahas said the two were back at the location Saturday for lunch, then again after Del Rio's wrestling show Saturday evening, to again dig into a delicious donair.

Nahas said they are used to having celebrities drop by to eat donairs at their Quinpool location but said this is the biggest social-media buzz they have received, thanks to Paige's Tweet.

"People are wondering what the donair is. Where Halifax is," he said. "It's creating a lot of curiosity."

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- 5 Tory Lanez **Luv**
- 4 Ariana Grande ft. Nicki Minaj **Side To Side**
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- 2 Bruno Mars **24K Magic**
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# Immigration goals 'anti-climactic'

FEDERAL GOVERNMENT

## Keeping levels at 300,000 disappointing for many

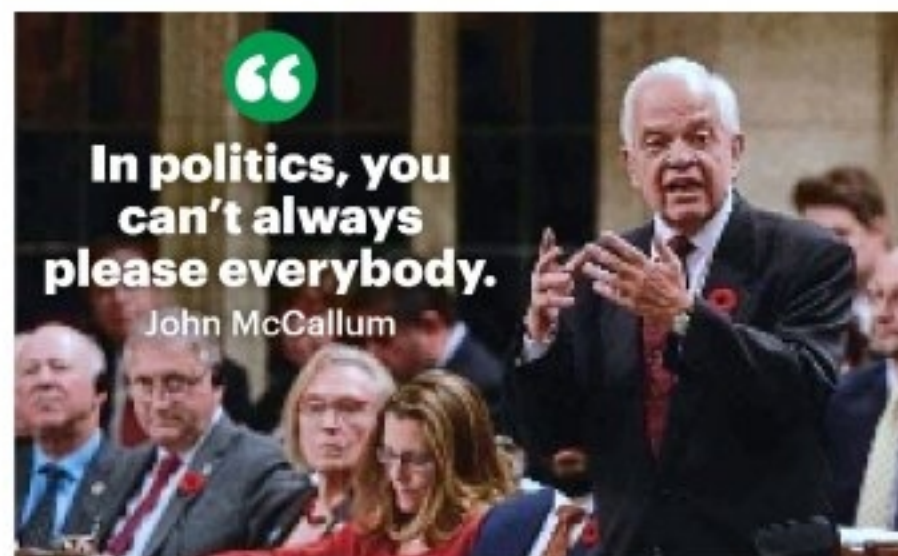
Ottawa will bring in the same number of immigrants in 2017 as it did in 2016, despite calls from think tanks, the corporate sector and advocacy groups to admit substantially higher numbers of newcomers.

The news of the plan to keep the immigration level at 300,000 on Monday was a bombshell to many after a summer of public consultations where Immigration Minister John McCallum had repeatedly hinted at "substantially" boosting the number of immigrants and rolling out multiyear targets to manage immigration.

The new plan represents a higher target for economic immigrants from 160,600 in 2016 to 172,500 in 2017, and for family reunification from 80,000 to 84,000 — at the expense of the admission of refugees from 55,800 to 40,000.

At least two national interest groups recently recommended the government increase immigration amid Canada's aging population and low birth rate, to sustain the country's economic growth and support its strained health-care and pension systems.

"This is almost anti-climactic. With all the buildup and rumours, not much is done," said Toronto immigration lawyer Chantal Desloges, who called the government decision a "safe,



John McCallum stands during question period in the House of Commons on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

conservative choice" to avoid anti-immigrant backlash among voters.

Added Debbie Douglas of the Ontario Council of Agencies Serving Immigrants: "We are all surprised. ... There appeared to be a consensus even among the bureaucracy that we needed to increase the target to at least 1 per cent of the population."

The Liberal government's 2017 immigration target will keep the immigration level in check at 0.86 per cent of the population.

"What we did was from 2011 to 2015, we took in an average of 260,000 immigrants. Then we jumped to 300,000 because of the Syrian refugees. It wasn't permanently funded," McCallum said.

"What we've done now is we set the 300,000 target for 2017 as the foundation from which we can grow immigration in the future. We shifted the composition a bit with more emphasis on economic immigrants. Refugees are twice as high in 2015

but not as high as 2016."

With the current immigration system plagued with backlogs and long wait times, a higher target would have required more resources for processing applications, not to mention money for newcomer settlement programs.

"In politics, you can't always please everybody," said McCallum. "There may be some who are disappointed, some not. All I am saying is the 300,000 lays the foundation for future growth. We are making it a permanent base."

Kareem El-Assal, a research associate with the Conference Board of Canada, said the 300,000 target has been the highest immigration level for the country since 1913 and shows the government's will to exercise caution and ensure it has the capacity to absorb more immigrants.

"We need to be patient. This is the first full year of the government's mandate. We have three more years to go," El-Assal said. TORSTAR NEWS SERVICE



**DRACULA'S CASTLE THE SPOOKIEST OF NIGHTS** Canadian brother and sister Robin and Tami Varma passed Halloween night curled up in red velvet coffins in the Transylvanian castle in Bran, Romania that inspired the Dracula legend. It is the first time in 70 years anyone has spent the night in the gothic fortress, after they bested 88,000 people who entered a competition hosted by Airbnb to get the chance to dine and sleep at the castle. VADIM GHIRDA/THE ASSOCIATED PRESS

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## INVITATION FOR OFFERS

### King's Produce Processing Limited Middleton, Nova Scotia

PricewaterhouseCoopers Inc., as Receiver, invites offers for the purchase of certain assets of **King's Produce Processing Limited**

Parcel 1 - Land and Building located at 14 Freeman Street, Middleton, Nova Scotia measuring approximately 4.68 acres where the Company operated. The commercial building was built in 2002 with additions in 2005 and 2010, and consists of various offices, production area, and freezers. There is also an asphalt and concrete paved parking lot, and approximately 17,400 square feet of gravel yard.

Offers will be entertained until **4pm AST on November 18, 2016.**

Prospective purchasers may obtain a more detailed description of the assets and statement of the terms and conditions of sale on our website at <http://www.pwc.com/ca/en/services/insolvency-assignments/kppl.html>. The information package and arrangements for viewing of the assets can also be obtained by contacting Jon Hammond at 902-491-7400, by email at [jon.hammond@pwc.com](mailto:jon.hammond@pwc.com) or by writing to the address below:



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Suite 400, 1601 Lower Water Street  
Halifax, Nova Scotia B3J 3P6



## NATURAL DISASTER

## Italian 'town is dead and buried'

Residents of a mountainous region of central Italy displaced by a series of powerful earthquakes resisted relocation Monday and appealed for campers and tents so they could remain close to their homes and businesses.

The latest quake on Sunday morning — with a magnitude 6.6, the strongest to hit Italy in 36 years — caused no deaths or serious injuries, largely because most vulnerable city centres already had been closed due to previous damage and many homes vacated.

But it did complicate relief efforts in a fragile zone still coping with the aftermath of an August earthquake that killed nearly 300 and a pair of damaging aftershocks last week.

Civil protection officials said the number of people needing housing has risen by 15,000 since Wednesday, a figure that does not include the 2,000 who remained displaced from the August quake.

Although thousands already have been moved to coastal regions out of harm's way, a growing number of quake-stricken communities are insisting on staying put. They say they have businesses to tend to, not infrequently involving livestock, or think that if their homes are still standing they remain the safest place to be.

On Monday, some 20 people remained in the hilltop town of Castelluccio, which aerial video shot by Italian firefighters show was all but razed on Sunday. The town is famous for its lentils and its spectacular display of wildflowers, and the residents who stayed behind include farmers and shepherds sharing a camper and two containers they organized themselves, according to the news agency ANSA.

"This town is dead and buried," Adorno Pignatelli told ANSA. "But we will continue to grow flowers because we won't let it die definitively."

THE ASSOCIATED PRESS

## MIDDLE EAST

## Iraqi forces poised on edge of Mosul

Iraqi special forces stood poised to enter Mosul in an offensive to drive out Daesh militants after sweeping into the last village on the city's eastern edge Monday while fending off suicide car bombs without losing a soldier.

Armoured vehicles, including Abrams tanks, drew fire from mortars and small arms as they moved on the village of Bazwaya in an assault that began at dawn, while artillery and airstrikes hit Daesh positions.

By evening, the fighting had stopped and units took up positions less than a mile from Mosul's eastern border and about

5 miles (8 kilometres) from the centre, two weeks into the offensive to retake Iraq's second-largest city.

"We will enter the city of Mosul soon and liberate it from Daesh," said Brig. Gen. Haider Fadhil of Iraq's special forces.

He added that more than 20 militants had been killed while his forces suffered only one light injury from a fall.

Iraqi forces have made uneven progress. Advances have been slower south of the city, with government troops still 35 kilometres away.

THE ASSOCIATED PRESS



Mie Larson, left, and Cheryl Conley-Strange are part of a group of a dozen Canadians headed south to help the Democrats in Florida. CONTRIBUTED/THE CANADIAN PRESS

# Canadians head south to work on U.S. election

### ★ U.S. ELECTION ★

## A dozen women help out in crucial swing state

A dozen Canadian women are heading to Florida on a mission unrelated to sun, surf and sand — they intend to help Hillary Clinton defeat Donald Trump.

They're bunking in a pair of houses that will serve as temporary campaign dorms for the travelling Canucks, as they knock on doors and make calls in what's arguably the most important region of the most important swing state in the U.S. election.

"We didn't come here to have

a holiday — we're here to work," said Cheryl Conley-Strange.

She knows from experience. The Winnipeg woman has worked every federal Liberal campaign since 1979, when she was a poll captain for future foreign minister Lloyd Axworthy. She'd intended to retire from organizational work after the federal election, satisfied with the state of her party.

But she figured she had one more campaign in her.

Conley-Strange chatted with friends about helping political allies in the U.S.: "I started saying to them, 'Hey, why don't we go down to the States and help (the Democrats)?'"

She suggested staying at her family's winter home in central Florida. So many people took her up on the idea that they wound up getting a second

**"We didn't come here to have a holiday — we're here to work."**

Cheryl Conley-Strange

place in the same Kissimmee neighbourhood. She'd bought in that location a few years ago — she liked the proximity to Disneyworld.

It also happened to be on rich electoral soil.

She only realized recently that Central Florida is considered the swing region of the biggest swing state. It's sandwiched between Florida's solidly Republican north and solidly Democratic south. And it has tens of thousands of new

available votes.

An influx of Puerto Ricans is having a ripple-effect on the politics in this area, and therefore on the country.

These new residents are eligible to vote immediately, as Puerto Ricans are U.S. citizens. They tend to be more liberal than the state's Cuban voters. And their ranks are growing to rival the Cubans.

Conley-Strange came in September to meet Democratic party organizers; help set things up for the arrival of her friends; and make calls to register voters. Her friends arrive over the coming week.

The one thing Canadians can't contribute to this election is money.

"I asked (the Democrats) if I could buy a T-shirt," she said. "They said no." THE CANADIAN PRESS

## ASIA

## Deadly explosion rocks Chinese coal mine

Thirteen people have been found dead after a gas explosion in a Chinese coal mine and the status was unknown of 20 others still trapped, state media said Tuesday.

Rescuers worked through the night at the privately owned Jinshangou mine in the Chongqing region where the explosion occurred before noon Monday, Xinhua News Agency reported. Two miners escaped earlier.

Xinhua previously reported 15 deaths in the explosion, but said Chongqing deputy mayor Ma Huaping lowered the

death toll in a press briefing early Tuesday, saying only 13 bodies had been found so far. Local officials did not answer telephone calls from reporters, and a person who answered the phone at the mine hung up when asked about the blast.

"We are still working all-out to search for the 20 missing miners, and will exert our utmost as long as there's still a ray of hope," Ma said, according to Xinhua.

Xinhua reported that the 400 workers trying to rescue more miners were being hindered by debris blocking some of the

mine's passageways.

Gas explosions inside mines are often caused when a flame or electrical spark ignites gas leaking from the coal seam. Ventilation systems are supposed to prevent gas from becoming trapped.

The State Administration of Work Safety ordered an investigation into the blast, "adding that those responsible must be strictly punished." Local officials in Chongqing also ordered the temporary shutdown of coal mines producing less than 90,000 tons a year, Xinhua said.

THE ASSOCIATED PRESS



Rescuers work at Jinshangou Coal Mine in Chongqing on Monday. TANG YI/XINHUA/THE ASSOCIATED PRESS

## ALABAMA

## Workers injured in gas pipeline blast

An explosion along the Colonial Pipeline in rural Alabama injured at least seven workers Monday not far from where the line burst and leaked thousands of gallons of gasoline last month, authorities said.

The blast, which sent flames and thick black smoke soaring over the forest, happened about a mile west of where the pipeline ruptured in September, Gov. Robert Bentley said in a statement. That break led to gasoline shortages across the South.

"We'll just hope and pray for the best," Bentley said.

Georgia-based Colonial said in a statement that it had shut down its main pipeline in the area.

In September, the pipeline leaked 252,000 to 336,000 gallons of gasoline and led to dry fuel pumps and price spikes in several states — for days, in some cases. There was no immediate indication Thursday whether Monday's explosion would lead to similar shortages.

THE ASSOCIATED PRESS





Feast, a delivery service in Toronto hasn't made it to a second winter. TORSTAR NEWS SERVICE

FOOD SERVICE

## Meal delivery startups find path to profitability difficult

Meal delivery has been a trendy business idea, with food companies using mobile technology to create opportunities. But some startups have recently found that old-style challenges have proven to be stumbling blocks.

Last month, in a blog post on its website, delivery service Feast announced that it would stop its delivery service in Toronto. In early October, Uber Eats stopped its instant lunch delivery service, and in September, Just Eats tweaked some of its delivery boundaries.

"I love the delivery concept, but I couldn't see the economics working," said Feast CEO Steve Harmer. His company used bike couriers to deliver healthy, chef-prepared meals from its commissary kitchen on the east side of downtown Toronto. The company served more than 60,000 meals during its 10-month run, and got good reviews for both its app and its food, but it's now focusing on

catering and wholesale.

"We got a lot of positive response on the experience," said Harmer. "It was just hard to see an easy path to profitability."

Other factors played a role, according to Harmer, including consumer habits in Toronto as compared to New York or San Francisco, as to what customers feel is a fair price for delivery.

Uber Eats has not commented on its decision to shut down Instant Delivery in several markets. However, it did announce last month that in certain U.S. markets, Uber Eats will now also have surge pricing similar to Uber's ride-sharing app.

Just Eats is the market leader and the only national player, and even it is tweaking its delivery zones, with a notice on its website warning users the area may have recently changed.

According to Canadian marketing director Aaron Davis, the company wants to guarantee consumers free or a \$3 delivery

charge, which is lower than most of the competition. "We don't dictate to our restaurants where they deliver — that's up to them — but some may have shortened their delivery radius as quickly as possible," he said.

While just-in-time delivery (like Feast and Uber Eats) and on-demand delivery (like Just Eats) were once hot, now it is meal delivery kits and services that are surging. These services either provide boxed meals or food that requires minimal effort to finish off before eating. Projections show that this market will grow from \$3 billion to \$5 billion US by 2020.

Meal delivery is "an interesting business, but I think companies live and die around their ability to scale," says Eric Thoreson, principal at Technomic, a food market analysis firm based in Chicago. "Realistically, it's a numbers game . . . You really need to hit a critical mass to make it work."

TORSTAR NEWS SERVICE

UNITED KINGDOM

## Bank of England governor Carney to stay on until 2019

Bank of England governor Mark Carney announced Monday that he will extend his term in office by one year and stay in the position through June 2019, a decision that may help settle speculation about his future guiding Britain's monetary policy.

In a letter to Treasury chief Philip Hammond, Carney said he was staying an extra year because he recognized "the importance to the country of continuity" during the U.K.'s negotiations to leave European

Union.

He announced plans to stay in his Bank of England post longer than his initial five-year commitment, but said he does not plan to serve a full eight-year term.

"I believed that five years would allow a reasonable time frame to remodel the Bank to reflect its new, much broader responsibilities, and to complete the most important elements of the domestic financial reform agenda," Carney said.

THE CANADIAN PRESS



Mark Carney  
THE ASSOCIATED PRESS

# Long-term plan, short-term pains

ECONOMY

## Feds hopeful Canadians not scared by deficit forecast

The federal Liberal government will update the country's economic and fiscal progress Tuesday, hoping to encourage Canadians to focus on the potential of its long-term plan — and overlook the sting of multi-year, multibillion-dollar deficits.

The Liberals won last year's election on a platform promising to help lift the slow-growth economy with billions worth of borrowing to fund more ambitious infrastructure and child-benefit programs for the long haul.

But a few months into their mandate, the Liberals pointed to weaker-than-expected economic conditions as they tripled their anticipated budgetary deficits for the next two years — nearly \$30 billion each. They predicted more than \$110 billion in total

shortfalls over the next five years.

Facing political pressure to show results from the early investments, Finance Minister Bill Morneau is expected to reiterate his argument Tuesday that Canadians should be fixating on the government's long-term goals.

It remains to be seen whether the trajectory revealed Tuesday will push the books even deeper into the red, as some of Canada's big banks have predicted.

Over the course of 2016, the Liberals gradually started to roll out their measures during an economic downturn that saw experts downgrade their growth outlooks.

Bank of Canada governor Stephen Poloz has noted the economic benefits of the Liberals' first investments, such as richer child-benefit cheques, have yet to show up in the numbers. Poloz has acknowledged, however, that

**\$32B**

Scotiabank has predicted that the current economic situation will force Ottawa to run a \$32-billion deficit.

it's still early and that he expects to see positive impacts in the second half of 2016.

On Monday, Morneau said during question period that the public would see positive results from the enhanced child benefits and the Liberals' tax-bracket changes, which lower tax rates for middle earners and raise them for the well-heeled.

"What we're going to do tomorrow is talk about our long-term plans to make a real difference for middle-class Canadians for the future," said Morneau.

On Monday, Scotiabank became the latest bank to forecast a bigger-than-expected federal deficit for 2016-17. It predicted the feeble economic situation would force Ottawa to run a \$30-billion shortfall this year and a \$32-billion deficit in 2017-18.

Earlier this month, TD bank projected a federal shortfall of \$34 billion for this year.

THE CANADIAN PRESS

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## HALIFAX MATTERS INTRODUCING TRISTAN CLEVELAND

### Council consistently looks like white, middle-aged men because it is easier to vote for people who match our mental image of a "councillor."



I can only fully appreciate Lindell Smith's landslide council victory through my own bigotry.

I was recently in a corner store when three people walked in. A "caution, danger" sensation went off in my head, bubbling up from some primal alarm system. Curious what had set it off, I looked up. The "danger" was three young Arab men.

I may believe, intellectually, that I should judge no one based on his or her race. I may count people from the Middle East among my best friends. But here I was, afraid of three blameless teenagers I have never met.

I could see my own bias clearly, for perhaps the first time, and it was ugly.

This kind of unfair aversion affects how we vote. Council consistently looks like white, middle-aged men because it is easier to vote for people who match our mental image of a "councillor" — and, until now, that hasn't looked like Lindell Smith.

Smith won because he inspires people. He won because of a sincere commitment to his community that started long before the election. And by winning and doing good work, he will challenge the root of the biases against black men in



**REPRESENTATION** Lindell Smith is Halifax Regional Council's first black representative in 16 years. To encourage diversity, the city should consider subsidizing campaigns, matching campaign donations and mentorship for young politicians, columnist Tristan Cleveland writes.

JEFF HARPER/METRO

our city, changing the mental image of what a councillor looks like.

But this is no check mark Halifax: Racial bias is not yet solved. Let's not ever allow another 16 years go by without another black person on council.

There's work to do. First, we need to get over the defensive crap and accept we all have bias. We can't have a productive conversation about race if the starting point is always, "I'm not racist." No, but

pay attention to your little negative emotions when you walk by certain people on the street. Bias is part of the luggage of being human.

Let's deal with it.

Second, we need financial support for campaigns, so people from low-income communities stand a chance. In this year's election, it would have only cost \$324,000 for Halifax to give all 54 candidates \$6,000 each. Not much for an even playing field.

But how can we sort the credible candidates from the unqualified? In Maine, cities match every \$5 donation with \$100. That way, well-respected leaders from even the

poorest communities can usually find enough people to pitch in and get them full funding. Truly unqualified people from even the rich-

est communities can't.

Third, we should have a mentorship program between experienced councillors and up-and-comers from marginalized communities. City Hall seems like an impossible place to succeed if you have never known anyone who has.

Smith's win does not mean it's time to feel satisfied. It's time to get motivated to become the kind of inclusive, even-handed city we want to be.

**Tristan Cleveland** is Metro's new Halifax Matters columnist. He is an urban planner who has also worked in Montreal, Guyana and Venezuela. Cleveland grew up in the south shore of Nova Scotia and has been an advocate for sustainable planning in Halifax since 2012.

### Halloween makes for perfect anti-political correctness fodder



I'm going to let you in on a trade secret. Many of us who get paid to "weigh in" on the news for a living run out of ideas on the regular.

When I suffer a particularly hairy bout of opinion fatigue, I make like a contestant on *Who Wants to Be a Millionaire*. I phone a friend and plead: "I'm out of opinions. I'll take anything: Euthanasia, bad breath, bad dry cleaners, the economy ... anything."

Luckily there exists another equally effective method to mask a shortfall of original opinions — one employed by columnists far and wide: the "Blame-Political-Correctness-Strategy."

Step 1: Google "political correctness run amok."

Step 2: From the 80,000-plus Google entries that immediately appear, select the most current incident of hypersensitivity on a liberal arts campus you can find.

Step 3: Immediately proceed to write a column proclaiming, with righteous indignation, that as a direct result of one or two such incidents, freedom of expression, as we know it, is in peril.

Why am I revealing the BPCS secret to you now?

Because Halloween is upon us, and with Halloween comes all manner of offensive costumes, from the blatantly racist (blackface) to the blatantly tasteless (Caitlyn Jenner). And where there are offensive costumes, there are also offended university students who want to ban them.

Enter BPCS.

Very recently the student union at Brock University announced a prohibition on offensive Halloween getups at its student union events. Breitbart, the conservative news giant in the U.S., ran a scathing critique of Brock's "twisted" PC "illogic."

The Brock University Students' Union justifies its position this way: "People's identities are not costumes."

When I asked Chris Green, general manager of the student union, how the inexact part of the policy surfaces, he explained that just last year a guy showed up to a Halloween event in what looked like "Rastafarian" garb.

The students' union asked the man about his outfit. And what do you know: The guy revealed that it was in fact, a costume derived from his own personal heritage.

I hate to say anything nice about Breitbart, but they aren't entirely wrong to call such a costume policy illogical.

However, where media outlets are wrong is in their rabid, if implicit, assertion that such a policy is newsworthy at all.

Yes, Brock's overreaching, but campus policies are extremely small potatoes. According to Green, the costume prohibition at Brock applies to just two weeknight Halloween parties. That's the thing about the anti-political correctness argument. For every sliver of so-called "safe space" on a university campus, there are about a hundred others where you can go about your day oblivious to the sensibilities and jargon of the far left. Nothing is in decline besides a writer's ability to conjure up fresh ideas.

**First, we need to get over the defensive crap and accept we all have biases.**

**16**

The number of years since the last time there was a black member on the Halifax Regional Council.

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## EXERCISE

### He recovered a personal training career out of injury

For Jeremy Fernandes, a love of fitness started back when he played sports in his youth — and it's translated into a full-fledged personal training career. With a kinesiology degree from the University of Western Ontario and Precision Nutrition Level II certification under his belt, the 27-year-old personal trainer at Body + Soul Fitness in North York, Ont., brings his well-rounded background to the gym.

Now, he's offering some at-home workout tips anyone can use in their fitness routine. Fernandes also stopped by the Star office to give us the lowdown on his approach to personal training, his top celeb fitness trainer inspirations, and which workouts he thinks are totally over-hyped:

#### What sparked your love of fitness?

Being perpetually injured playing sports when I was younger and never knowing why I got hurt. I pulled my hamstrings, glutes and quads playing soccer. At 12, I tore both my ACL and MCL. My doctor told me it was "growing pains." One day, a referee pulled me out of a game because I was limping. After that, I went to physiotherapy, and eventually I started thinking about a career in

## 'Growing pain' was Jeremy's gain



Jeremy Fernandes is a personal trainer at Body + Soul Fitness in North York. TORSTAR NEWS SERVICE

rehab. While studying kinesiology, I learned how to train properly. I'd never done squats or deadlifts because of my knee pain — but I learned I had knee pain because I wasn't doing any of those things.

#### Now that you're a trainer, what's your approach to personal training?

I work with, generally, older adults — so 40-plus. They're people who have a similar history to me: They've been physically active, they've

been sidelined because of injuries, and they want to feel better, get over those injuries, and incorporate fitness back into their lives.

#### Are there any celebrity fitness trainers you admire?

Eric Cressey is one, and Mike Robertson. They take an evidence-based approach. They're all about strength, but they also take into consideration anatomical differences. They're strong on



**While studying kinesiology, I learned how to train properly.**

Jeremy Fernandes

biomechanics, anatomy, physiology, and break it down into a way that a lay-person can understand.

#### Is there a certain type of trendy workout that you think is totally overrated?

It's all context-dependant. I don't think going to a yoga class three times a week constitutes strength training. At some point, you need to see progression — and there aren't a lot of opportunities to progress in yoga, pilates, or ballet barre classes. But there's no methodology I really hate.

#### How can people stay motivated on a fitness routine?

Set performance-based goals. Look to achieve something in the gym and train towards that, and don't wait for motivation. The best quote I've heard about motivation is, "It's a friend who makes plans with you and bails last-minute every time." Setting performance-based goals gives you something to work towards. It could be setting a goal of one pull-up, or five body-weight push-ups, and once you've hit that first goal, it becomes infectious.

TORSTAR NEWS SERVICE

## TRY THIS AT HOME RESISTANCE BAND LAT STRETCH

### The lowdown

**Equipment needed:** Heavy resistance band and an anchor (a pole in a basement or a fence post for instance).

**Repetitions:** Eight to 12 per side

**Muscle groups worked:** Lateral line



1 Anchor the band



2 Put your hand through the hole, palm up, and let the band cradle your wrist



3 Close your fingers around the band



3 Hinge at the hips



# Cranberries myth is squashed

Another folk remedy bites the dust. Cranberry capsules didn't prevent or cure urinary infections in nursing home residents in a study challenging persistent unproven claims to the contrary. The research adds to decades of conflicting evidence on whether cranberries can prevent extremely common bacterial infections.

The new study, published online Thursday in the *Journal of the American Medical Association*, used rigorous methods and the results are convincing, according to a journal editorial. Health care providers who encourage using cranberry products as a prevention method "are doing their patients a disservice," the editorial says.

## THE INFECTIONS

Urinary infections lead to nearly 9 million doctor visits and more than 1 million hospitalizations each year. Men, because of their urinary anatomy, are less vulnerable, while almost half of all U.S. women will develop at least one of these infections in their lifetime. Symptoms can include painful, frequent urination and fatigue. Antibiotics are often used to treat the infections.



In a study published Thursday in the *Journal of the American Medical Association*, cranberry capsules didn't prevent or cure urinary infections in nursing home residents. MARK BUGNASKI/KALAMAZOO GAZETTE - MLIVE MEDIA GROUP VIA AP

## THE STUDY

The research included 147 older women in nursing homes who were randomly assigned to take two cranberry capsules or dummy pills for a year. The number of women with laboratory evidence of infection—bacteria and white blood cells in their urine—varied during the study but averaged about 29 per cent overall in both groups. Ten infections in the cranberry group caused overt symptoms, compared with 12 in the placebo group but that difference wasn't statistically significant.

## THE ADVICE

People who think they have a urinary infection should see a doctor for diagnosis and treatment, but avoid cranberry products "in place of proven treatments for infections," according to the National Institutes of Health alternative medicine branch. The journal editorial says additional research is needed to find effective treatments. "It is time to move on from cranberries," the editorial says.

THE ASSOCIATED PRESS

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## HEALTH BRIEFS

### Sugar for kids' migraines

A new study found that sugar pills worked as well at preventing kids' migraines as two commonly used headache medicines, but had fewer side effects.

The results may lead doctors to rethink how they treat migraines in children and teens. It's the first rigorous test in kids of two generic drugs that are also used for adults' migraines, topiramate and amitriptyline. Both drugs reduce by half the number of days kids had migraines over a month's time. But so did placebo sugar pills.

The study was released online Thursday in the *New England Journal of Medicine*. THE ASSOCIATED PRESS

### Skin patch for kids with peanut allergy

A new study shows a wearable skin patch may help children who are allergic to peanuts by delivering small doses of peanut protein.

The National Institutes of Health funded the year-long study. It says nearly half of those treated with the patch were able to consume at least 10 times more peanut protein than they were able to consume prior to treatment.

THE ASSOCIATED PRESS

## STUDY

## Cholesterol test for baby may help

What if a blood test could reveal that your child is at high risk for early heart disease years in the future, giving you a chance to prevent it now? A big study in England did that - screening thousands of babies for inherited risk - and found it was twice as common as has been thought.

The study also revealed parents who had the condition but didn't know it, and had passed it on to their children. Ninety per cent of them started taking preventive medicines after finding out.

Researchers say the two-generation benefits may convince more parents to agree to cholesterol testing for their kids. An expert panel in the United States recommends this test between the ages of 9 and 11, but many aren't tested now unless they are obese or have other heart risk factors such as diabetes or high blood pressure.

For every 1,000 people screened in the study, four children and four parents were identified as being at risk for early heart disease. That's nearly twice as many as most studies in the past have suggested.

Dr. William Cooper, a pediatric and preventive medicine professor at Vanderbilt University, called it "an innovative ap-

proach" that finds not just kids at risk but also parents while they're still young enough to benefit from preventive treatment, such as cholesterol-lowering statin drugs.

Statins aren't recommended until around age 10, but certain dietary supplements such as plant sterols and stanols could help younger kids, Urbina said.

The study was led by Dr. David Wald at Queen Mary University of London. He and another author founded a company that makes a combination pill to prevent heart disease. The work was funded by the Medical Research Council, the British government's health research agency. Results were published Wednesday by the *New England Journal of Medicine*.

Researchers were testing for familial hypercholesterolemia, a genetic disorder that, untreated, raises the risk of a heart attack by age 40 tenfold.

They did a heel-stick blood test on 10,059 children ages 1 to 2 during routine immunization visits to check for high cholesterol and 48 gene mutations that can cause the disorder. If a child was found with the disorder, parents were tested.

One in 270 children had the gene mutations.

THE ASSOCIATED PRESS



# Mackenzie Davis' tech-heavy resume

BLACK MIRROR

## Vancouver native is landing strong unique roles

It's hard not to notice a bit of a nerd-girl streak in Mackenzie Davis' technology-heavy resume. The Vancouver actress currently stars in AMC's computer saga *Halt and Catch Fire* as a programming genius, appeared as a NASA technician in *The Martian* last year, and has a yet-to-be disclosed role in the upcoming *Blade Runner* reboot.

Davis is also featured in one of the best-reviewed new episodes of *Black Mirror*, the British anthology series that skewers our smartphone era with its sometimes-alarmist look at modern-day tech anxieties.

The busy actress recently spoke about finding strong female roles and meeting great expectations.

**You've got an impressive resume but I feel like for years people have been saying you are on the verge of something big.**

It's so funny when people tell you about yourself and you're like, "That's not really my experience." My experience is just that I get to work on better and better things and that's the mark of progress for me. It's not this sense that, "Ooh, something's about to happen." It's like, "Oh my God, I got to do this movie with this person and now I get to do this and I get to be in *Black Mirror* and *Black Mirror*'s my favourite show." It feels really lucky to be part of things that you really like.

### What draws you to *Black Mirror*?

I just think it's so many things. I think it's so clever and it's so dark and it's really optimistic and it's not just cynical but it's cynical enough. And it causes you to look at yourself and your behaviour and things that you're tacitly agreeing to all the time, and question what that agreement means and what signing away your life and what signing away your responsibilities for yourself over and over again (means) until you have something



Gugu Mbatha-Raw, left, and Mackenzie Davis star in *Black Mirror*. LAURIE SPARHAM/NETFLIX

else taking care of everything for you. ... It really affects me and ... if I watch an episode I need to take time to think about it because it's just a lot of introspection that goes on.

### Why is this the right time for a fresh take on *Blade Runner*?

There's a reason why *Blade Runner* has captured our fascination for so long. And not felt dated to return to it all. There's something really enduring about both the aesthetics in the movie, which is such an accomplishment for that not to feel dated at all, and the story of the movie. It

really continues to resonate with people 30 years later.

### It's great to see you play strong women comfortable with technology.

*Halt* is amazing for that. I feel like they did it so seamlessly where it was never addressed to (co-star) Kerry (Biche) or

“

**My experience is just that I get to work on better and better things and that's the mark of progress for me.**

Mackenzie Davis, actress

I in any progressive way of: "Oh, you guys are going to be running a business — as women. Imagine that." They just wrote a really great story and we played the characters. ... It also was so normalized because nobody made a meal out of it on set as though we were doing something really revolutionary.

We just treated women as interesting as men and wrote their characters as characters first and foremost. And when it mattered that they were women we addressed that but most of the time it doesn't matter at all. It's just about the relationship between these two entrepreneurs.

THE CANADIAN PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

## Hollywood elite on grim reality of climate change

**THE SHOW:** *Before the Flood* (natgeotv.com and Nat Geo Channel Facebook, until Nov. 6)  
**THE MOMENT:** The deniers

"There is as robust a scientific consensus for climate change and its human cause as there is for gravity," Michael E. Mann, the Penn State professor behind the "hockey stick" image of rising temperatures, tells Leonardo DiCaprio, who produced and stars in this doc, directed by Fisher Stevens.

Mann explains that a small handful of players, including Big Oil and Koch Industries (the world's largest privately held fossil fuel company), finance an organized campaign of climate change denialism. They fund both scientist-pundits and U.S. politicians — half of the U.S. Congress, including James Inhofe, the chair of the U.S. senate environment committee — to block all bills that would deal with the problem.

"These people... lead us astray in the name of short-term fossil fuel profits," Mann says. "What could be more immoral than that?"



Leo DiCaprio (right), a UN Messenger for Peace on Climate Change, produces and stars in *Before the Flood*. CONTRIBUTED

DiCaprio, a UN Messenger for Peace on Climate Change, spent two years traveling to five continents and the Arctic, talking to experts and filming evidence of climate change — from the shrinking ice sheet on the northern tip of Baffin Island, to the sinking island of Palau, to Sumatra's dying coral reefs. The doc lays out the factual horrors clearly, and as they pile up, DiCaprio's reaction is both pessimistic

and urgent.

At the end, a list appears of things we can do to re-stabilize the planet: Lobby your government to favor sustainable energy. Demand a carbon tax.

To them I'd add, watch this doc and spread it around.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## Roger Rabbit

Handsome Roger rabbit is ready to hop into his forever home. Roger is a sweet boy. As soon as you open the door to his kennel, he greets you with a nose wiggle and tail shake. It is believed he would do well in a home with other bunnies. This is because he came from a home with two other bunnies that are also currently at the shelter. He has a beautiful tortoiseshell coat that shines when the light from the window he lays in hits the right way. As much as he loves lounging in front of his window he is ready for the spoils of a home. **You have to see it for yourself!**



For more information on Roger and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA



Acquired from Nashville in a controversial trade, defenceman Shea Weber has posted 10 points in his first nine games with first-place Montreal

## League's top young guns prepare for showdown

NHL

### Matthews will face McDavid when Oilers visit Toronto

When Connor McDavid and the Edmonton Oilers come to Toronto Tuesday night, it will be a matter of renewing acquaintances.

Waiting to see him will be Mitch Marner, his old Ontario Hockey League rival from their London-Erie days, and Auston Matthews, who has battled McDavid internationally in junior tournaments when it was Canada vs. the U.S., and as North American teammates at the World Cup.

Both Leafs said they're looking forward to facing McDavid.

"For sure," Matthews said. "They've gotten off to a hot start. It's going to be a good challenge for us. I think all of us will be pretty hungry to get back in the win column." The hype around Matthews — this year's No. 1 overall pick in the draft — started at the World Cup when he was the winger on a line with McDavid, last year's No. 1 overall pick. The two had chemistry.

"He's so easy to play with," Matthews said. "He does everything so well at such a high speed. Being able to play with him was just a blast."

McDavid has thrived on Air Canada Centre ice, winning gold



Team North America's Auston Matthews scores against Team Russia at the World Cup off a Connor McDavid pass. The two top talents will face off on Tuesday in Toronto. GREGORY SHAMUS/GETTY IMAGES

at the world juniors in 2015, and creating significant buzz during the World Cup. But he hasn't played at the Leafs' home ice with the Oilers, missing last year's lone appearance with a broken collarbone.

McDavid, who still hasn't played a full NHL season, is tied for the league lead in scoring, a spot with which he has been familiar at pretty much every level. Marner has crossed paths with him as far back as minor

hockey. "It will be exciting," the Leafs teenager said. "Obviously, it's a good team over there. It's not just him."

Matthews says he hasn't been in touch with McDavid since the World Cup ended. "We're on our respective teams and pretty focussed on our team," said Matthews. "I'm sure once the season is over, guys who got really close together for those couple of weeks will get together down the road." The game will

be significant for other reasons: Marner and Matthews will play their 10th NHL game.

It's become a rite of passage around the league when a teen-aged hockey player gets to his ninth game for fans and media to start fretting about the value of burning a year of the three-year entry-level contract versus another year of seasoning in junior (for Marner) or the minors (for Matthews).

But it's clear both these

**“He does everything so well at such a high speed. Being able to play with him was just a blast.”**

Leafs No.1 draft pick Auston Matthews on McDavid

19-year-olds belong in the NHL. "You can speak to all the youth we have," veteran James van Riemsdyk said. "They've all done a great job and really contributed and are key members of our team." The 10-game plateau means Marner and Matthews will be restricted free agents together following the 2018-19 season, perhaps trying to raise the bar William Nylander will have set after his entry-level deal expires after the 2017-18 season.

Fellow Leafs Connor Brown, Zach Hyman, Seth Griffith, Nikita Zaitsev and Frankie Corrado, along with Peter Holland, will be restricted free agents this summer.

Only Corrado and Holland will have arbitration rights. More significant are the veterans who will be unrestricted free agents whose salaries will fall off the books: Brooks Laich, Milan Michalek, Colin Greening and Matt Hunwick, along with the less expensive Jhonas Enroth and Ben Smith.

TORSTAR NEWS SERVICE

WORLD SERIES

### Confident Cubs fans believe in miracles

John Dankanich's plan for the World Series this week is a busy one: After the Chicago Cubs staved off elimination by beating Cleveland, he planned to drive home to Alabama from Wrigley Field, take his son trick-or-treating on Monday, watch Game 6 on Tuesday night and then get back in his car to drive to Cleveland to see Game 7.

He has already bought his ticket for a Wednesday night game he is positive will happen.

"They're going to win and I'm going to Cleveland," the 38-year-old engineer said Monday as he drove south to Huntsville after attending Sunday night's 3-2 win by the Cubs that trimmed Cleveland's Series lead to 3-2.

After years of waiting to see what new and exotic way their team would fall short — something the Cubs invariably seem to do, whether it involves a black cat, goat or a fan in the stands — Chicago fans are a decidedly confident bunch this fall.

As chants of "Cubs in Seven" reverberated around Wrigley on Sunday night, fans said they firmly believe the Cubs will become just the sixth team in Major League history to overcome a 3-1 Series deficit. Never mind that they would also be first team to do that since the 1985 Kansas City Royals and the first to do it by winning Games 6 and 7 on the road since the 1979 Pittsburgh Pirates.

"This is the year to believe, this is the year of miracles," said Marilyn Hnatysko, who was at the game in which the Cubs beat the Dodgers to get into the World Series and then attended Game 3 of the Series last Friday.

THE ASSOCIATED PRESS

NFL

### Charges dismissed for Buffalo's Kane

A judge will dismiss the charges against Buffalo Sabres forward Evander Kane stemming from scuffles with women in a bar if he stays out of future trouble, according to a prosecutor who described the athlete's behaviour as "arrogant, boorish and surly, but not criminal."

The arrangement is contingent on the 25-year-old player avoiding legal issues for the next six months. Kane did not speak during or after his brief appearance in Buffalo City Court on Monday.

Kane's lawyer said the action does not include an admission of guilt, and Kane still denies the allegations. "Evander has steadfastly maintained that he did nothing wrong," attorney Paul Cambria told reporters after the hearing. "Nothing has changed."

Kane was arrested in July, a month after he was accused of grabbing three women by the hair and neck in separate encounters on the same night in a downtown Buffalo bar

THE ASSOCIATED PRESS

### IN BRIEF

#### Dallas owner talks to NFL about Elliott abuse probe

Cowboys owner Jerry Jones has acknowledged speaking with the NFL's special counsel for domestic violence investigations, and rookie running back Ezekiel Elliott said he was interviewed by the league this season about an abuse claim made against him.

Elliott said after Sunday night's 29-23 OT win over Philadelphia that he was interviewed once by league investigators six weeks ago. THE ASSOCIATED PRESS

NFL

### Texans ace Johnson calling it a career

Star wide receiver Andre Johnson is retiring after 14 seasons in a career mainly spent with the Houston Texans.

The 35-year-old Johnson is a seven-time Pro Bowl player now with Tennessee. Titans general manager Jon Robinson said in a statement Monday that Johnson "in my opinion is one of the best to have played the game."

Johnson ranks among the top 10 receivers in NFL history in career catches and receiving yards. He had 1,062



Andre Johnson GETTY IMAGES

catches for 14,185 yards and 70 touchdowns.

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### STARTER

Cy Young winner Jake Arrieta, who went 18-8 with a 3.10 ERA during the regular season, will make the start for the Cubs in Game 6 and will be matched up against Cleveland's Josh Tomlin (13-9, 4.40).



# RECIPE White Chili



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

For obvious reasons, this isn't your average chili but it can go toe-to-toe with any beefy bowl you throw at it. That's a promise.

## Ready in 55 minutes

Prep time: 10 minutes

Cook time: 45 minutes

Serves 4

## Ingredients

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

## Directions

**1.** Brown the chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

**2.** Remove from the pan and place on a plate. Set aside.

**3.** Sauté the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and mix in the chicken. Let simmer for about 20 minutes.

**4.** Turn the heat down and stir in the yogurt. Now add the lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

**5.** Serve with a good sprinkling of cilantro.

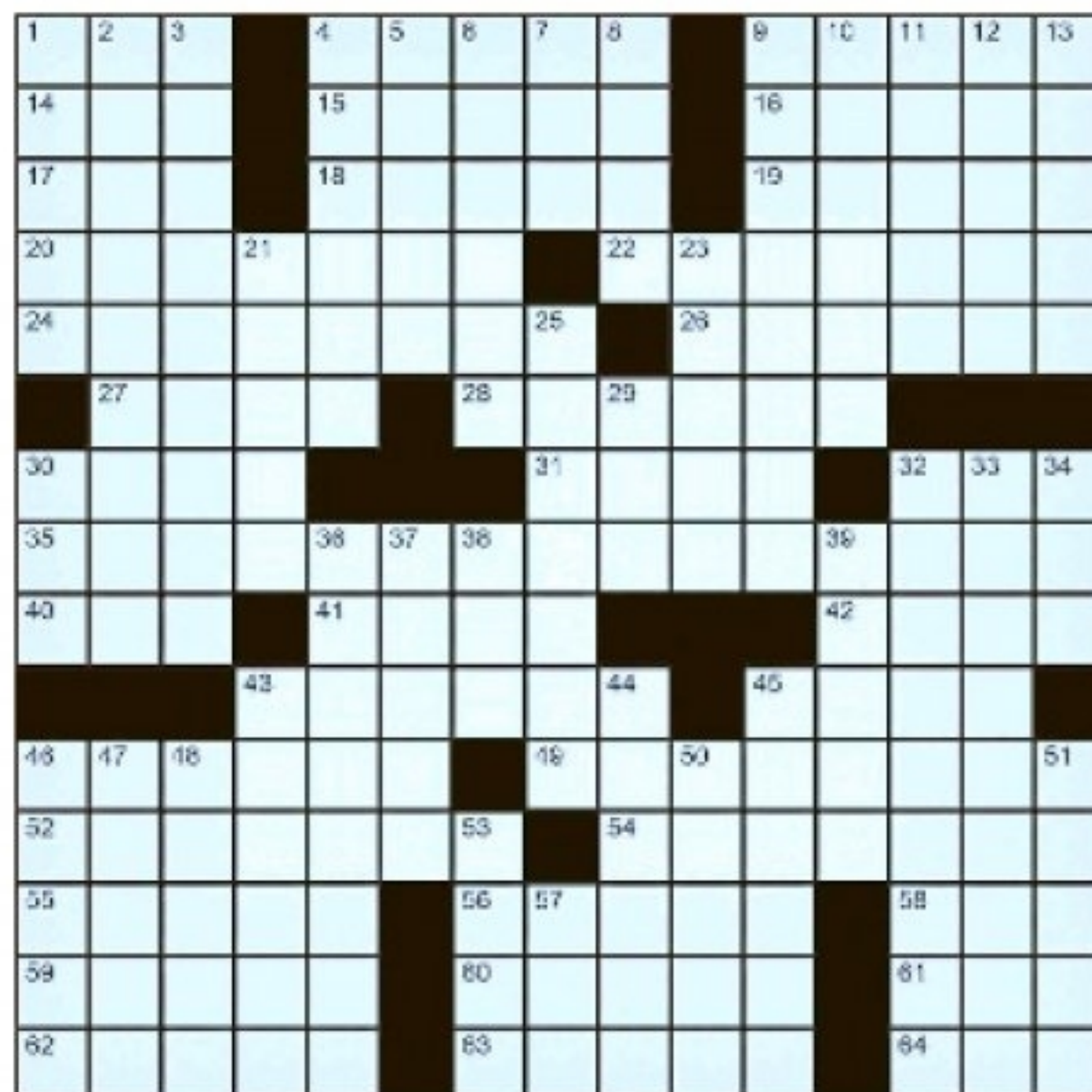
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. "I \_\_\_ Rock" by Simon & Garfunkel
4. "Mad Men" gig
9. State of conflict
14. Used to be
15. Jeweller's eye piece
16. "(Get Your Kicks on) \_\_\_ 66" by The King Cole Trio
17. State-of-the-\_\_\_
18. Pitchers
19. Cholera
20. Everest endeavour equipment: 2 wds.
22. Silver-\_\_\_ (Eloquent)
24. Fajita need
26. Seizes control
27. Icky-\_\_\_ (Yuckies)
28. Ask people to the party
30. Take part
31. Martial Arts practicing centre
32. Ms. Peeples
35. Nova Scotia: Multi-purpose cultural complex (theatre, market, conventions) in downtown Dartmouth: 2 wds.
40. Negatives
41. Big slice of the cake
42. "This is fun!"
43. \_\_\_ of error
45. Hide
46. Gets eight hours
49. Hobby plane creator
52. Landline telephone part
54. 1958 Jimmy Stewart/Kim Novak classic directed by



Alfred Hitchcock  
55. Sound  
56. Clinging wall vines  
58. \_\_\_ Paulo, Brazil  
59. Apprehension  
60. \_\_\_ Bonnet, Manitoba  
61. Exploder  
62. Too soon

63. Hair lock  
64. Aves.

## DOWN

1. Pend
2. Historic mercantile traveller from Venice: 2 wds.
3. Sun's rocky orbiters
4. "Gilmore Girls" star Ms. Bledel
5. Carpentry pin
6. Oatsy dried fruit mix
7. Prime Minister Lester B. Pearson's birthday, \_\_\_. 23rd, 1897
8. Up-in-a-tree sight
9. Emmy-winning "Breaking Bad" star Bryan

10. Sophisticated seat, Chaise \_\_\_
11. Prognosticate
12. Let the tea sit
13. Grazing groups
21. Repent
23. "\_\_\_: Origin of Evil" (2016)
25. Canadian singer of 1974 chart-topper "Rock Me Gently": 2 wds.
29. Li'l loudness
30. Yr. starter
32. Supreme skeptics
33. Unrefined
34. Living thing's number
36. "I Will Play a \_\_\_" by Burton Cummings
37. "General Hospital" occupation
38. One official lang. in Canada
39. Brooded
43. In the centre
44. Beginner
45. Against
46. Cover from the sunshine
47. "Little House on the Prairie" daughter
48. "Bart" add-on (Woody on "Cheers")
50. Feats
51. Beginnings
53. Lean
57. Mixed bag [abbr.]

# ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Be realistic in your financial dealings today, because you are inclined to give away the farm. Don't forget to cultivate a healthy self-interest.

**Taurus** April 21 - May 21  
Relations with others are warm and cozy today, because there's an easy camaraderie between you. There also is a sense of mutual empathy and understanding.

**Gemini** May 22 - June 21  
Someone might approach you for advice at work today. Perhaps he or she just needs a sympathetic ear? Whatever the case, you will do what you can to help.

**Cancer** June 22 - July 23  
Today you are in touch with your creative vibes. Explore ways to express your artistic talents. Many of you feel sympathetic toward children today.

**Leo** July 24 - Aug. 23  
Today a family discussion will be heartfelt and sincere because you feel genuine concern for someone. It's a good day for this kind of discussion, because you are sensitive to what others need.

**Virgo** Aug. 24 - Sept. 23  
You might spend a lot of time today daydreaming or being lost in a fantasy. That's OK, because we all need time to envision our Walter Mitty dreams.

**Libra** Sept. 24 - Oct. 23  
Be careful with your finances today, because you might give away too much or feel so sympathetic to someone that you ignore your own needs. Try to keep a healthy balance.

**Scorpio** Oct. 24 - Nov. 22  
You are tuned into the wants and needs of someone close to you today. That's why any discussion that you have with this person will be sensitive and meaningful.

**Sagittarius** Nov. 23 - Dec. 21  
Something going on behind the scenes might be secretive today, or perhaps you will discover a secret. Whatever the case, things are mysterious and hidden.

**Capricorn** Dec. 22 - Jan. 20  
It's easy to idealize a friend today or put someone up on a pedestal. In the long run, this generally leads to disappointment. Try to see others in realistic terms.

**Aquarius** Jan. 21 - Feb. 19  
Someone in a position of power might feel sympathetic to you today and want to help you. Or perhaps you are the person who wants to help someone else.

**Pisces** Feb. 20 - March 20  
Because your appreciation of beauty is heightened today, enjoy art galleries, museums, beautiful parks and gorgeous, architectural buildings. See the beauty in your world.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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4	6	1	8	3	5	2	7	9
3	7	5	4	9	2	8	1	6
7	5	2	3	1	6	9	8	4
6	4	8	2	5	9	7	3	1
1	9	3	7	8	4	6	2	5
8	2	6	5	4	1	3	9	7
9	1	7	6	2	3	5	4	8
5	3	4	9	7	8	1	6	2



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